



THANK YOU!

October

Breast Cancer Awareness
Month

Down Syndrome Awareness
Month

National Physical Therapy
Month

National Spina Bifida Aware-
ness Month

National Crime Prevention
Month

10/3 Child Health Day

10/17 Boss's Day

10/22 Susan G. Komen, Race
for the Cure— Little Rock, AR

10/31 Halloween

Thank you to all who supported the first ever DDS Fall Food & Craft Fair! Thank you to the employees and guests for supporting our clients through your purchases, encouragement, and fellowship. We've had nothing but positive feedback from all who attended. Thank you to the provider staff and HDC staff who assisted the clients with business transactions and interactions with so many people! What could have been sensory/stimulation overload for some of our clients, you made enjoyable and memorable. You guys rock! You do what you do every single day and that's pro-

vide excellent care to our clients.

Thank you to our sponsors: Arkansas Blue Cross Blue Shield and Goodwill Industries of Arkansas. Thank you to the local businesses who supported this event on your lunch breaks! Thank you to the Masonic lodge and Downtown Dental for your support of the street closure! Thank you LRPD, Arkansas Sign and Barricade, and City of Little Rock for your support and guidance!

Thank you to Amy Webb, Brandi Hinkle, and Jamal

Williams— DHS media rocks! Special thanks to Alicia Christopher and Henry "Hank" Jones for your partnership throughout the 2 month planning and implementation process. From brainstorming to passing out flyers to multiple meetings, thank you! Everything is better in teams and you were the best! Finally, thank you to our DDS Director, Melissa Stone, for allowing us the opportunity to host this event and trusting our vision!

Thankful,
Yvette Swift

October Birthdays

10/4 James Hayden

10/5 Denise Brandenburg

10/7 Ruth Dunn

10/8 Lynn Davenport

10/16 Richard Johnson

10/18 Jewell Barnes

10/22 Avis Lane

10/27 Linda Wilson

10/29 Shamia Rafter

10/30 Joe Winford

10/31 Jackie Williams



Down Syndrome Awareness Month

Down Syndrome

Down Syndrome (DS), also called Trisomy 21, is a condition in which extra genetic material causes delays in the way a child develops, both mentally and physically.

The physical features and medical problems associated with Down syndrome can vary widely from child to child. While some kids with DS need a lot of medical attention, others lead healthy lives.

Though Down syndrome can't be prevented, it can be detected before a child is born. The health problems that may go along with DS can be treated, and many resources are available to help kids and their families who are living with the condition.

Normally, at the time of conception a baby inherits genetic information from its parents in the form of 46 chromosomes: 23 from the mother and 23 from the father. In most cases of Down syndrome, a child gets an extra chromosome 21 — for a total of 47 chromosomes instead of 46. It's this extra genetic material that causes the physical features and developmental delays associated with DS.

Although no one knows for sure why DS happens and there's no way to prevent the chromosomal error that causes it, scientists do know that women age 35 and older have a significantly higher risk of having a child with the condition. At age 30, for example, a woman has about a 1 in 1,000 chance of conceiving a child with DS. Those odds increase to about 1 in 400 by age 35. By 40 the risk rises to about 1 in 100.



Down syndrome is named after John Langdon Down, the British doctor who first described the condition in 1887. It wasn't until 1959, however, that an extra chromosome was identified as the cause.

Life Expectancy



- Life expectancy: 60 years
- One of oldest well-documented person with Down syndrome, 83 years old at death
- Premature aging issues

Guest Writer Submission—James Hayden, , DDS Non-Criminal Justice Area Coordinator (NAC) and Transition Director

Guest Writers



A Connection to Crime Prevention Month

Hopefully, you have some close connection with at least one person we serve. For example, Kendra (pictured to the right) moved from JHDC into an apartment not long ago. It's far too easy to become buried in our day to day tasks. Of course that makes sense, those tasks weigh heavily on us and they must be done but if we don't keep that human, caring aspect of our work in the back of our minds it's just an endless mound of paper...oops, that's right, we went paperless several years ago.



I have an advantage in this regard. Even before attaining my bachelor's degree I had volunteered to work with people with disabilities. I also worked at a "Group Home" and later administered many group homes and apartment settings. I realize that group homes are now the service delivery venues that are "Grandfathered" into the system but I worked in them back when they were "top of the line, state of the art" services. Actually, I've seen some amazing improvements in people's lives through this basic model. Having been close to dozens of persons served I have the joy of their friendship and feeling almost as close to them as my family. I know many stories of their accomplishment but, unfortunately, I also know many stories of their vulnerabilities being exploited. I could tell of sexual exploitation and many stories of financial exploitation.



Though it's not my only work, the task that takes the largest chunk of my time is evaluating Criminal Record Checks for applicants and employees who work with our service recipients around the state. Through careful review, vulnerable Arkansans are protected from being under the direct care and authority of people who have proven themselves to behave irresponsibly.

Our DDS Standards and, particularly, state statutes guide the decisions. This is not even close to the most fun task I've ever had but I complete it with passion because I know that doing this task protects the people I know and love plus countless others like them across the state of Arkansas.

I realize that not all of us are preventing crime as we serve our clientele but every one of us is empowering or protecting life choices or opportunities for people. This is the right thing to do and it is life enhancing for others! Therefore, it is life enhancing for us.

Healthy Recipes

Fish Tacos with Mango Avocado Salsa

Ingredients

1¼ pound thin Tilapia Filets
 Stonemill Essentials Sea Salt Grinder, to taste
 1 -2 Tbsp. Stonemill Essentials Ground Black Pepper, to taste
 1 -2 Tbsp. lemon pepper, to taste
 half a lemon, squeezed
 1 bunch green onions, thinly sliced
 2 avocados, cut into squares
 2 ripe mangoes, peeled and chunked
 2 jalapeños, seeded and finely diced
 ½ of a bunch of cilantro, leaves only, chopped
 1 tsp. Stonemill Essentials Ground Cumin
 freshly ground salt & pepper, to taste
 Pueblo Lindo White Corn Tortillas
 Carlini Cooking Spray



Instructions

Preheat the broiler. Place filets on a foil lined baking sheet. Season with salt, lemon pepper and a squeeze of lemon on each filet and broil for about 12 minutes, or until the thickest parts flake easily.
 In a medium sized mixing bowl, mix up the green onions, avocados, mangoes, jalapeños, cilantro, cumin and salt & pepper. Set aside.
 Heat up a frying pan (I like to use our crepe pan) and spray with cooking spray. Place tortillas on pan and heat each tortilla until warmed up.
 When the fish is done, shred it up with a fork and place in a row down the middle of the tortillas and top with mango salsa. Serve immediately and enjoy!

Baileys Smores Mousse Cups

Ingredients

Mousse:

½ cup fat-free vanilla greek yogurt
 4 ounces reduced fat *cream cheese*
 3 tablespoons Truvia Baking Blend
 3 tablespoons cocoa powder
 ½ tablespoon vanilla extract
 1 teaspoon coffee extract
 3 tablespoons *Bailey's Coffee Liquor (Optional)*
 1 cup lite whipped topping

Graham Cracker Base:

½ cup graham cracker crumbs (Gluten Free, if needed)

Garnish:

8 Torched Marshmallows
 Graham Cracker Crumbs
 8 bite size chocolate squares

Instructions

Mousse: In a mixing bowl, mix the yogurt, *cream cheese*, Truvia, cocoa powder, vanilla extract, coffee extract and Bailey's with a hand mixer until smooth. Gently fold in the whipped topping just until combined.

Assemble: In eight small jars or large shot glasses, add 1 tablespoon of graham cracker crumbs into the bottom of each jar. Top with mousse.

Garnish: Top each with one marshmallow, graham cracker crumbs and one chocolate square. Enjoy!



*Meet**Alicia Christopher*

*ADMINISTRATIVE ASSISTANT III
DHS/DDS 5 YEARS*

**BIO:**

I was born and raised in Little Rock, Arkansas and graduated from Mills High School. I received my Bachelor's degree in Criminal Justice. I became a first time homeowner September 1, 2011. I worked in the health care field administratively for about 3 years before coming on board to DHS in the Division of Developmental Disabilities Services. Here, I began in Waiver Services then transitioned to the Payment Improvement Plan involving both CFCO and CoCentrix projects. Along with some residual duties from these projects, I currently work with Community Outreach and Nonprofit Support.

What you want your DDS Family to know about you:

I have one brother... he's the oldest but I'm the boss! I don't have any kids of my own, but I have 5 beautiful, smart nieces and 1 handsome, intelligent nephew. I'm currently helping to raise my great niece, my heart, so I definitely feel like a mom!

I enjoy shopping with my mom, eating seafood, sleepovers with my nieces, curling up with a good book, and sleeping. I also love watching my nephew play football although, the only play I know is a touchdown!

Best Life Advice:

It's never too late to achieve your goals!

Comments, Suggestions, Q & A

Let us know what you'd like to see featured. If you'd like to be a guest writer, let us know. If you have a healthy recipe to share, let us know. Send to yvette.swift@dhs.arkansas.gov.